

How To Lose Weight At Home-Tips, Foods and Workouts To Help You Burn Fat Without Leaving The House!

People who are overweight or obese find it hard to deal with everyday tasks because it uses up their energy a great deal. These people are also facing some serious health issues like diabetes, high cholesterol, heart disease, hypertension, osteoarthritis, gallbladder disease, cancer, and sleep apnea.

A healthy diet and exercise is always the foundation when it comes to losing weight. However, there is an option available for overweight people who want to lose weight without going to the gym and using all those equipments they can find there. They can try by following some simple tips and methods of losing weight at the comfort and privacy of their homes. But the most important thing first is exerting an effort to [reduce fats](#) and carbohydrates in their diets the best they can. There are several diet plans they can follow at home without having to adhere to a diet fad or plan.

When it comes to working out, they can engage in a lot of physical activities without having to go to the gym. Sometimes, gyms can be overcrowded and it can be a hassle to get a schedule and finding time to work out is not easy. The good news is, as long as they are up to the challenge of losing weight, they can do it in their homes. One can lose weight without spending money on memberships. It is not really important where one is working out - it is what one is doing and how often one is exercising to make sure that he or she can get the positive results that matters.

When planning to lose weight at home, it is best to avoid or turn off your phones and anything or anybody that might cause distractions like television programs or noisy family members or friends. You can instead turn up your favorite music to inspire you and you can also invite a friend or a family member who is interested in what you are doing too. Choosing types of exercises that are natural and related to your everyday routines and yet complete with full body movements that will utilize more of your muscles and will use a lot of energy while at the same time enabling your body to move in synchronicity will prove to be more efficient and effective to reach your weight loss goals.

Below are some guidelines to help you effectively lose weight at home:

Prepare the right ambiance in the home. Dim lights can make food attractive so better turn on the lights in the dining room and kitchen to avoid binge eating. You can also put on your favorite music to help calm you down and prevent stress-related eating.

Choose blue color for the dining room and kitchen areas. It helps make food less appealing. Warm colors like yellow, orange, and red have an effect that makes one to feel hungry and eat more and you can notice this mostly in fast-food restaurants.. If repainting the walls of your

rooms blue seem too taxing, complement the rooms with blue plates, silverwares, place mats, and napkins.

Reduce the amount of food and drinks you consume by replacing large plates and glasses with smaller ones.

Avoid staying in the kitchen for too long. Most people talk on the phone or do some work at the kitchen table which increases the tendency of eating more.

Get enough sleep. Individuals who only get 5 hours of sleep than the recommended 7 to 8 hours are more likely to be obese.

Having basic workout equipments around the house than keeping them hidden in the closet can help remind you of exercising. And do take advantage of the stairs in the house if you have one. You can burn around 105 calories just by climbing up and down the stairs daily each week.

Get rid of clothes that are bigger in sizes and use visuals (like pinning a "slim" picture of someone on the refrigerator) to help you envision the weight you desire and help you achieve your goal.

You can also find many other home remedies in your kitchen that can help you lose extra pounds and reduce your calorie intake. Several of these foods are:

Carrot - a glass of carrot juice each day before breakfast or raw carrot salad will help you lose weight because carrots are rich in fiber which helps clean the stomach for a healthy digestion. Carrot is also loaded with vitamins.

Cucumber - contains 90% water, rich in antioxidants, and Vitamins A, C, E that helps detoxify your body and remove stored fats to help you in losing extra weight.

Honey and Lemon - having at least 2 glasses of lemon juice mixed with honey every day can help you lose weight aside from various health benefits too.

Honey and Ginger - drinking this mixture of honey and ginger at least twice a day can help you shed off extra pounds and lose weight.

Onions - eaten raw, onions boost the metabolism and help break down stored fats to aid in weight loss.

Papaya - a rich source of vitamins, papaya helps in the healthy digestion of foods and prevents gastric issues, especially if taken on an empty stomach every morning to help you lose weight.

When it comes to exercising, there are no more excuses for there are great exercises you can do without the need of any workout equipment and at the comfort of your own home. These exercises are simple yet effective and they are the following:

Crunches - best for strengthening and developing abdominal muscles.

Dancing - an enjoyable way to keep fit and keep your heart healthy.

Jogging In Place - also great for the heart and you can do it while listening to your favorite music or while watching television. All you need is a good pair of rubber soled shoes to prevent stress on your legs.

Jumping Jacks - good for warming up and keeps the heart healthy too.

Leg Lifts - ideal for muscle development and strength in the legs.

Light Weight Lifting - there's no need to buy expensive weights to do this. You can use anything that you can find at home like a can of peas and then gradually working yourself to lift heavier items such as water jugs or laundry detergent bottles.

Pushups - not really a favorite exercise for most individuals but you can do what works best for you like doing them on your knees or standing up against a wall. This exercise is good for arm strength and building muscles in the chest.

Step Exercises - you can do this by doing repetitions using the stair steps in your home. This is good for toning leg muscles but do be careful though.

Squats - great for the buttocks and legs and you can start by standing and sitting on a regular chair, doing repetitions to make it beneficial to your body.

Walking - good for toning the legs and getting aerobic exercise too. You can walk around the house a couple of times or you can go up and down a flight of stairs if your house has one. You don't need to get a membership in a gym or any workout equipment to shed off those unwanted fat and achieve a slim and fit body. Just follow the simple exercises at home mentioned above to increase your energy levels, boost your metabolism, burn fat, tone your muscles, and achieve a healthy body.

Summary:

Several individuals might think that staying out of the kitchen is the best hit way to help them lose weight. On the contrary, creating a "healthy kitchen" might help them in their desire to [lose weight](#) by knowing several home remedies they can find in the kitchen and learning some basic guidelines on how to lose weight at home.

Exercising regularly is also important in shedding off excess pounds, but you don't really have to go to the gym or buy expensive workout equipments to do this. You can use what you can find in your house and you can even exercise regularly at the comfort of your own home!

Eating a healthy diet and exercising regularly are the basic requirements to achieve a healthy weight and this might mean a total lifestyle change for the majority of people. However, check out all the information and consult your doctor first before starting on any weight loss program.

Losing weight at home can be challenging, but it doesn't mean that you have to starve yourself or give up everything you enjoy. It's simply a matter of finding balance.

[Let us help you find that balance Today Check out this video to learn more](#)

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